

## Governor Signs Army Family Covenant



Garrison Commander Col. Edwin C. Domingo (left) and 1st Mission Support Command Commander Col. (P) Fernando Fernandez (right) are joined by the Hon. Governor of the Commonwealth of Puerto Rico Luis Fortuño (center), Purple Heart Awardees, Soldiers, Family members and other dignitaries for the signing of the Army Family Covenant. (More information and photos on page 11)



Chaplain's Haiti Relief Support

Story on page 9



Purple Heart Award Ceremony

Story on page 10



Groundbreaking Ceremony

Story on page 12





## FROM THE COMMANDER:



Col. Edwin C. Domingo  
Garrison Commander

On January 27, 2010 the U.S. Army Garrison Fort Buchanan continued making history. We made evident our commitment to improve the readiness and resilience of our service members and the quality of life of their families through the construction of the Armed Forces Reserve Centers thanks to the collaboration of the United States Army Corps of Engineers (USACE). The USACE attested to their mission of being relevant, ready, responsive and reliable providing quality engineering to the nation's most precious treasure – our service members. On this day, the vision of the Army Corps of Engineers – “a great engineering force of

highly disciplined people working with our partners through discipline thought and action to deliver innovative and sustainable solutions to the Nation's engineering challenges” – became a reality through the symbolical groundbreaking ceremony of four Armed Forces Reserve Centers to be constructed at Fort Buchanan, Juana Diaz, Ceiba and Mayaguez.

We also made real The Soldier's Creed that states: “I will never leave a fallen comrade” as we paid homage to six distinguished Soldiers, six heroes who received one of the highest U.S. Army awards – the Purple Heart. The Purple Heart Medal, awarded in the name of the President of the United States, for wounds or death as result of an act of any opposing armed force, as a result of an international terrorist attack or as a result of military operations while serving as part of a peacekeeping force, was presented to: Spc. Moses Díaz, A Co., 1st Bn., 509 Inf., Fort Polk; Cpl. Benjamín Pérez, 82nd Airborne Div., Fort Bragg; Staff Sgt. Luis Rivera Valentin-130th Eng. Bn., A Co., Aguadilla; Sgt. Richard Strazlka, 1st Bn., 69th Inf. Rgmt., New York; Sgt. Carlos Martínez, 48th Bde. Cmbt. Tm., 295th Inf. Rgmt., Juncos; and Spc. Douglas Hernández- 101st Cav. Rgmt., New York.

With all due respect to our readers I would like to address

the Soldiers and their families by saying: “No existen palabras que puedan describir el valor de estos Soldados ni la gratitud que sentimos hacia ellos. Gracias a Soldados como los que honramos en esta ceremonia, nuestra misión por defender la libertad se mantiene viva, al igual que nuestro compromiso por preservar la paz y la democracia para el disfrute de futuras generaciones. A nombre de toda la comunidad del Fuerte Buchanan, gracias Soldados, muchas bendiciones para ustedes y sus familias.”

There are no words that could describe the bravery of these Soldiers or the gratitude we feel towards them. Thanks to Soldiers like the ones we honored at this ceremony, our mission to defend liberty is still alive, as our commitment to preserve peace and democracy for the benefit of future generations. On behalf of all the Fort Buchanan community, thank you Soldiers, many blessings to you and your families.

In Puerto Rico the concept of the extended family is well known. It includes not only uncles, cousins and others but also our neighbors, friends and our friends' families. That is why our extended family includes our sister services and neighbors from the Commonwealth of Puerto Rico, its central government and Municipal offices as well as other organizations which support our Soldiers and their families.

To publically demonstrate the support to Puerto Rico's military members and their families, we continued making history as we signed a covenant – the Army Family Covenant – between our leaders and our service members. The signing of the Army Family Covenant was a symbolic representation of the Army's commitment to Soldiers and their families.

What sustain the covenant are the strong bonds exhibited every day by the Active Duty, National Guard and Reserve Soldiers, civilian workers, as well as local and municipal governments. The Army Family Covenant signed by the Governor of Puerto Rico, Honorable Luis Fortuño; the Civilian Aide to the Secretary of the Army for Puerto Rico, MG (Ret) Felix Santoni; the US Army Reserve Ambassadors, Colonels (Ret) Luis A. Berrios Amadeo and Horacio A. Cabrera Rodriguez; the Commander of the Reserve Component, Colonel (P) Fernando Fernández and the Commanding General of the National Guard, MG Antonio J. Vicéns represents the commitment of our leaders in improving the quality of life of those who serve so we can reap the benefits of freedom.

Throughout the Commonwealth of Puerto Rico, the Covenant is supported with a vigorous set of Soldier and veteran offices providing services that range from

official Welcome Home Ceremonies by the Legislature to the services provided by the Office of the Advocate for Veterans' Affairs (“Procurador del Veterano”). The government of Puerto Rico is always first to step forward to ask – what can we do to make help the Soldiers and their families. This was demonstrated last November 7th through Senator Luce Arce's initiative to celebrate the First Veterans Congress at the Capitol.

The ceremonies held on January 27 truly represent the broad coalition of government, military and individual efforts demonstrating that the Army Family is stronger than ever. I would like to recognize the support of the U.S. Army Corps of Engineers, U.S. Marine Corps, the Puerto Rico National Guard, the 1st Mission Support Command and the U.S. Army Garrison Fort Buchanan and say Thank You, on behalf of our Armed Forces serving around the world. In the future, we will continue to improve our services and support approaches to take care of our most important assets – our people – our Soldiers and their families who continue to proudly serve our nation.



## Support Army Recruiting



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**Deputy Commander**  
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## Army Secretary, Chief of Staff lay out 2010 goals for senior NCOs

By Pfc. Jennifer Kenemer  
16th Mobile Public Affairs Detachment



Army Secretary John McHugh addresses noncommissioned officers about his 2010 plan for the Army, Jan 13, 2010 at Fort Bliss, Texas.

Photo by Staff Sgt. Matthew Clifton

FORT BLISS, Texas - Army Secretary John McHugh and Chief of Staff Gen. George W. Casey Jr. delivered their 2010 plan for the Army to the most senior NCOs here during the annual Sergeant Major of the Army Nomination conference.

McHugh and Casey addressed more than 600 nominative command sergeants major and senior enlisted advisors - those senior NCOs who advise general and flag officers in command positions within the military's active, Guard and Reserve.

Underscoring the importance of non-commissioned officer leadership, McHugh

referenced his recent trips to Afghanistan and Iraq. He stated that the constant presence of professional and highly trained NCOs at every forward operating base and remote corner of the fight elevated his confidence in the ultimate success of the missions there.

"You as the senior leaders of the Noncommissioned Officer Corps have guaranteed that our NCOs remain the best - and the envy - of every other army in the world," said McHugh. "I want to personally thank you for your selfless service on behalf of our nation and the sacrifices and commitment of your families."

In 2009, the Army recognized the special role of the non-commissioned officer by dubbing it the "Year of the NCO." McHugh impressed upon the NCOs the instrumental part each played in molding the future generation of Soldiers as the Army continues to change and grow to meet the demand of prolonged conflict during the 21st century.

"We need to build the Army in much the same way that senior NCOs build their units: by working directly with Soldiers and by helping them transform how they think and how they accept risk," he said.

McHugh suggested this be accomplished by direct mentorship and a career-long commitment to learning. He also stressed that contrary to previous wisdom, technology alone is not enough to "lift the fog of war" and that leaders must be developed who are both adaptable and resilient through a three-pronged approach: education, training and experience.

The Army Chief of Staff echoed McHugh's remarks. "We are in a seminal point in the transformation of our Army," said Casey.

The Army has transitioned from the conventional warfare that predated the 9-11 attacks to one that must operate across the full spectrum of conflict, said Casey.

In looking to the future of the Army, Casey stated that one of his biggest priorities was restoring balance to the force through implementation of the Army Force Generation plan. Dwell time, the time a Soldier has at home between deployments, is crucial to allowing a Soldier to rest

and units to reset and train before being tapped for future deployments.

"The most important thing we can do to restore balance to the force is to increase the amount of time that Soldiers are home," said Casey. "And it's not only so that they can spend time with their families, and that's important, but so that the Soldiers can recover."

Soldiers, Casey said, are only human and the constant tempo of deployments has taken a toll.

It is because of the growth of the Army since 2004 that the buildup of forces in Afghanistan will not interfere with the goal to increase dwell time, require longer deployments or use stop-loss. The cycle of a two-year break after deployments for active-duty Soldiers and a four-year break for National Guard and Army Reserve Soldiers should be met by 2011 for a large percentage of the force, and the remainder should meet this goal by 2012.

Both leaders also affirmed their commitment to the families of Soldiers. One of their objectives for 2010 is to streamline the programs available, ensure people understand how to take advantage of the current programs, and allow for flexible family services that vary from post to post.

Quoting former Army Chief of Staff, Gen. John Wickham, McHugh said, "The stronger the family, the stronger the Army, because strong families improve combat readiness."

These programs must endure no matter how big the Army or what mission arises in the future, said McHugh.

McHugh concluded his comments by stating, "Today, I challenge you to harness all that has made you successful and use it to accomplish your next mission, and never to forget the welfare of your Soldiers."

## Delivering the Army Family Covenant

By: Lt. Gen. Rick Lynch  
Commanding General  
Installation Management Command



LTG Rick Lynch, Commander  
Installation Management Command

leadership has made to provide a better quality of life to Soldiers and Families.

We are delivering the Army Family Covenant with a focus on five specific areas: Standardization and funding of existing programs and services, Increasing accessibility and quality of health care, Improving Soldier and Family housing, Ensuring excellence in schools, youth services and child care and Expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include:

- Standardized Army community staffing and programs at all Garrisons

- Added 1079 Family Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders

- Funded Exceptional Family Member respite care providing up to 40 hours of care per month for Families

- Increased primary care visits to more than 7 million people, meeting access standards for 90% of acute, routine and specialty appointments

- Authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their Family members and lowered the co-payment

- Funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09

- Introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life

- Reduced financial burden on Army Families by eliminating CYSS registration fees and reducing program fees

- Collaborated with more than 373 school districts to support military connected students transferring to new school districts

- Increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do. I am dedicated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their Families. Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things. Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge. Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our Nation. Together we are making history.

Army Strong

Lt.Gen Rick Lynch

**AMERICA'S ARMY:  
THE STRENGTH OF THE NATION™**

**THE STRENGTH OF OUR SOLDIERS COMES  
FROM THE STRENGTH OF THEIR FAMILIES.**

Honorable Pete Geren  
Secretary of the Army

**ARMY STRONG**





The White House  
Office of the Press Secretary

## Presidential Proclamation National African American History Month

### A PROCLAMATION

In the centuries since African Americans first arrived on our shores, they have known the bitterness of slavery and oppression, the hope of progress, and the triumph of the American Dream. African American history is an essential thread of the American narrative that traces our Nation's enduring struggle to perfect itself. Each February, we recognize African American History Month as a moment to reflect upon how far we have come as a Nation, and what challenges remain. This year's theme, "The History of Black Economic Empowerment," calls upon us to honor the African Americans who overcame injustice and inequality to achieve financial independence and the security of self empowerment that comes with it.

Nearly 100 years after the Civil War, African Americans still faced daunting challenges and indignities. Widespread racial prejudice inhibited their opportunities, and institutional discrimination such as black codes and Jim Crow laws denied them full citizenship rights. Despite these seemingly impossible barriers, pioneering African Americans blazed trails for themselves and their children. They became skilled workers and professionals. They purchased land, and a new generation of black entrepreneurs founded banks, educational institutions, newspapers, hospitals, and businesses of all kinds.

This month, we recognize the courage and tenacity of so many hard-working Americans whose legacies are woven into the fabric of our Nation. We are heirs to their extraordinary progress. Racial prejudice is no longer the steepest barrier to opportunity for most African Americans, yet substantial obstacles remain in the remnants of past discrimination. Structural inequalities -- from disparities in education and health care to the vicious cycle of poverty -- still pose enormous hurdles for black communities across America.

Overcoming today's challenges will require the same dedication and sense of urgency that enabled past generations of African Americans to rise above the injustices of their time. That is why my Administration is laying a new foundation for long-term economic growth that helps more than just a privileged few. We are working hard to give small businesses much-needed credit, to slash tax breaks for companies that ship jobs overseas, and to give those same breaks to companies that create jobs here at home. We are also reinvesting in our schools and making college more affordable, because a world class education is our country's best roadmap to prosperity.

These initiatives will expand opportunities for African Americans, and for all Americans, but parents and community leaders must also be partners in this effort. We must push our children to reach for the full measure of their potential, just as the innovators who succeeded in previous generations pushed their children to achieve something greater. In the volumes of black history, much remains unwritten. Let us add our own chapter, full of progress and ambition, so that our children's children will know that we, too, did our part to erase an unjust past and build a brighter future.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2010 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of February, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA



## "For Love of Liberty" - African American History



A formation of African-American troops stand at attention prior to World War II.  
Photo Credit/File Photo.

February is African American History Month. Each year the Army commemorates the contributions and sacrifices made by its African American Soldiers and civilians with activities and events at installations throughout the Army. This year's theme is "For Love of Liberty- Celebrating African American Soldiers throughout History." A special PBS documentary also titled "For Love of Liberty" will air in February. This program highlights and celebrates the service of African-American patriots throughout history. African Americans at all levels -- uniformed and civilian -- have and continue to play, key leadership roles in the Army with fierce dedication to duty, honor and country.

The two-part documentary, produced with the Army's cooperation, tells the untold

story of African Americans' service in the military throughout the nation's history to win and protect freedoms they themselves often didn't enjoy.

In addition to film footage and photos, For Love of Liberty uses letters, diaries, speeches, journalistic accounts, historical text, and military records to document the accomplishments of African Americans who served in the military since the republic's earliest days. Their personal stories give a moving account of service and sacrifice, from the Revolutionary War -- whose first casualty was a black man, Crispus Attucks -- to today's war against global terrorism.

So, tune in to PBS this week to view the documentary and learn about many of the unsung heroes of the U.S. Army.

## Fort Buchanan Celebrates National African American History Month

By El Morro Staff

1 February 2010 marked the beginning of African American History Month - an annual celebration that has existed since 1926. But what are the origins of Black History Month? Much of the credit can go to Harvard scholar Dr. Carter G. Woodson, who was determined to bring black history into the mainstream public arena. Woodson devoted his life to making "the world see the negro as a participant rather than as a lay figure in history."

In 1926 Woodson organized the first annual Negro History Week, which took place during the second week of February. Woodson chose this date to co-incide with the birthdays of Frederick Douglass and Abraham Lincoln - two men who had greatly impacted the black population.

Over time, Negro History Week evolved into the Black History Month that we know today - a four-week-long celebration of African American history. Each year a theme is chosen to create a particular focus for the national commemoration.

The theme for the 2010 National African American History Month is "the history of black economic empowerment".

Fort Buchanan together with Installation

tenant activities will honor our African American Service members with a ceremony on 19 February at the Community Club and Convention Center.



The guest speaker for the event is Brig. Gen. Dennis E. Rogers who is assigned as Chief of Operations (G3), Installation Management Command (IMCOM). IMCOM is an Army Direct Reporting Unit (DRU) responsible for operating Army installations throughout the world.





## Standardized rifle marksmanship program could go Armywide

By Vince Little, The Bayonet



Pvt. Bryce Boyer of D Company, 1st Battalion, 50th Infantry Regiment, takes part in combat familiarization training Jan. 12 at Fort Benning, Ga.

Photo by: Vince Little

FORT BENNING, Ga. -- An advanced rifle marksmanship concept developed at Fort Benning based on "lessons learned" in Iraq and Afghanistan might be instituted across all Army training centers later this year, officials said.

Col. Terry Sellers, operations officer for the Maneuver Center of Excellence, said Combat Familiarization Fire, or ARM 6, has not been formally added to the Army program of instruction, but that could happen around May as part of an overall POI review. New lesson plans are being drafted for the marksmanship field manual to include the CFF version standardized here.

"Some leaders have been taking different variations of this initiative and philosophy to operational units elsewhere for the past year-and-a-half," he said. "The goal is to make it one standard for all the training centers ... A lot of people want to help make the strategy better, but we're making sure the formal lesson plans match what's being done."

CFF is the culmination of a Soldier's marksmanship training from basic to advanced, said Capt. Ron Reed, the 198th Infantry Brigade's operations officer. For about a year, it's been taught to infantry Soldiers in one-station unit training and basic training with the 198th and 192nd Infantry brigades.

"It was implemented in response to lessons learned in theater," Reed said. "It's intended to give a realistic experience for a Soldier deploying to Iraq or Afghanistan ... (Soldiers) learn the fundamentals and apply them. They are thinking about their next firing position, how many rounds they have to fire and time management under the stress factor of a full-combat load. Plus, the training factors in the weapon malfunction."

Within the program, Soldiers fire from behind barriers at pop-up targets 50 to 300 meters away, Reed said. They have 30 rounds, and a dummy round is inserted into each of the three magazines to simulate a malfunction. Shooters must hit 16 of 26 targets. In normal rifle qualification, Soldiers fire from a known distance in various predetermined positions. During

CFF, they qualify in full combat gear using the barriers to move to and from different points. The Soldiers also choose the position - prone, kneeling, sitting or standing - they want to fire from based on where the target appears.

Before CFF's inception, basic trainees and infantry OSUT Soldiers were not exposed to advanced rifle marksmanship, said Staff Sgt. Adolfo Adame, a drill sergeant with D Company, 1st Battalion, 50th Infantry Regiment, which recently completed the training. They only had to go through M-4 qualifications.

"This style is much better because it's what they'll see in an urban environment like Afghanistan or Iraq," Adame said. "It's going to take more than one round to take down an individual that's coming at them or shooting at them ... Now, you got a thinking Soldier on the ground who understands, 'I need some kind of cover to engage the enemy and not just stand out in the open and get hit.'"

Pvt. Brian Jackson of D Company said CFF was beneficial as he learned about the firing tactics used in combat. "The drill sergeants are giving us a lot of knowledge about their experiences overseas. What we're doing here is what it's like ... so I feel I'll be prepared when I leave," he said.

"The other firing experiences we had were getting us used to the weapons. Here, you're actually having to take cover and pop up, with targets coming back up after firing."

Sellers said CFF emphasizes improvisation while building agile, adaptable, flexible Soldiers. The strategy speeds their development ahead of a combat deployment by mixing complexities with existing standards, he said.

"We got feedback from the field in Iraq and Afghanistan that the training centers needed to do a better job training Soldiers so they can integrate immediately upon arrival and have some idea of what they'll see in a combat environment," Sellers said. "We're now getting benefits from the confidence and competence of these kids being able to use their weapons more effectively."

## Study investigates sit-ups vs. core strengthening during APFT

By: Minnie L. Jones, Fort Sam Houston

Almost everyone has experienced some lower back pain, and according to the National Institute of Neurological Disorders and Stroke, low back pain is the second most common neurological ailment in the United States.

Back in 2006, a joint team of physical therapists at the Army Medical Department Center and School on Fort Sam Houston, Texas, in partnership with the University of Florida began a study aimed at the prevention of low back pain and determining whether a core-strengthening exercise program during training might decrease low back injuries.

Since the core-strengthening exercise program did not include traditional sit-ups, they also wanted to determine any impact of the core-strengthening program on Army Physical Fitness Test scores.

The study looked at 3,916 Soldiers in Advanced Individual Training, with half performing a traditional exercise program and the other half performing core-stabilization exercises.

### Abdominal sit-ups vs. core-stabilization exercises

Over the years, several studies show that strong core muscles make it easier to do most physical activities. The deeper the muscle is located, the greater the ability it will have for creating and maintaining a healthy spine, and by large, muscular skeletal health.

Several abdominal muscles affect the trunk's posture and ability to function properly: Rectus abdominis (the six-pack muscle), Transversus Abdominus, Internal/External Oblique, and Multifidus muscles. The deeper stomach muscles (i.e., Transversus Abdominus, Multifidus, and Internal/External oblique muscles), also known as the "core" muscles, are the foundation for posture, balance and coordinated movement.

Training these muscles will correct postural imbalances, and allow individuals to perform their chosen sport or activity better without injury.



In this file photo, Staff Sgt. Julian Wiggins, U.S. Army Medical Command, focuses on the sit-up portion of the APFT Oct. 1, during the 2008 Department of the Army NCO/Soldier of the Year Competition at Fort Lee, Va.

Photo by US Army

### Abdominal sit-ups

Several studies have indicated that performing just sit-ups is ineffective because they tend to only strengthen the abdominal muscles closer to the skin (e.g., Rectus Abdominis). Therefore, they do not improve core-muscle strength, in addition, perform-

ing traditional sit-ups results in increased loading in the low back that may result in an increased risk of injury and low back pain.

"Sit-ups just train one component of the core, which is the least important component," said Air Force Maj. John Childs, co-principal investigator for the study and associate professor and director of research in the U.S. Army-Baylor University Doctoral Program in Physical Therapy at the Army Medical Department Center and School.

### Core exercises

Exercising the key core muscles is important because they surround the body's center of gravity and can improve posture, balance and stability.

"There are many muscles that surround the trunk; however, when you just do sit-ups or crunches; they tend to only work the Rectus abdominis muscles. Having strong deep abdominal muscles is vital for supporting the lower back and preventing lower back pain," said Lt. Col. Deydre Teyhen, study investigator and associate professor in the U.S. Army-Baylor University Doctoral Program in Physical Therapy.

### Interpretation of the data so far

One of the concerns that researchers had at the start of the study was that integrating core-stabilizing exercises into AIT could have a negative impact on an individual's APFT scores. However, the results of the study have shown that scores actually slightly increased for Soldiers who completed the core-stabilization exercises.

"Our results showed that core-stabilization exercises, if anything, decrease the risk that a Soldier will fail the sit-up component of the APFT," Childs said. In fact, passing rates among Soldiers who completed core-stabilization exercises improved, 5.6 percent compared to only 3.9 percent among Soldiers who performed traditional sit-ups."

To help translate this finding, in a company of 400 Soldiers, approximately 34 Soldiers fail the sit-up event of the APFT. After 12 weeks of performing core-stabilization exercise, an additional seven out of the 34 Soldiers will pass the sit-up event, who otherwise would have failed, had they only completed traditional sit-ups.

"Although this number seems small, it translates into hundreds of Soldiers each year when you consider the number of Soldiers who compete in physical training every year," Childs concluded.

"The results of this early study demonstrated that training and strengthening of core muscles does not pose any risk of increasing failure rates on the APFT. Rather, pass rates were shown to improve," said Teyhen.

Childs said, "The point of the study is not necessarily to change the makeup of the APFT and eliminate the sit-up component. However, if core-stabilization exercise from our final study results is shown to decrease the incidence of back pain, the next logical step would be to ask ourselves whether we are using the best testing standard."





# Fort Buchanan Short Shorts

By El Morro Staff



## Pedestrian Safety

.. Never allow children under age 10 to cross streets alone. Adult supervision is essential until the traffic skills and judgment thresholds are reached by each child.

.. Always model and teach proper pedestrian behavior. Cross streets at a corner, using traffic signals and crosswalks whenever possible. Make eye contact with drivers prior to crossing in front of them. Don't assume that because you can see the driver, the driver can see you.

.. Instruct children to look left, right, and left again when crossing a street and to continue looking as they cross. Children should never run into the street.

.. Require children to wear retro-reflective materials and carry a flashlight at dawn and dusk.

.. Teach children to walk facing traffic, as far to the left as possible, when sidewalks are not available.

.. Prohibit play in driveways, streets, parking lots and unfenced yards adjacent to streets.

.. Teach children to cross the street at least 10 feet in front of a school bus and to wait for adults on the same side of the street as the school bus loading/unloading zone.

.. Advocate for the implementation of traffic calming measures, walkways that separate pedestrians from traffic, limited curbside parking, reduced traffic in residential neighborhoods and lower speed limits.

## Construction at Post Exchange Gate

By El Morro Staff

Construction will take place at Gate 902 (PX Gate) beginning 12 Feb 10. This will cause changes in traffic flow. The change of traffic flow will occur during peak hours (0600-0800) and (1600-1800). Residents, visitors and customers are to expect delays, whenever possible please use Spc. Vega Gate (Gate 901). Sorry for the inconvenience.

Traffic flow Monday thru Friday at Gate 902 will operate as follows:

INBOUND traffic between the hours of 0600-0800.

OUTBOUND traffic between the hours of 1600-1800.

Traffic will flow in both directions at all other times.

The traffic plan will be implemented temporarily for a period of approximately two months or until completion of the PX Gate improvements are completed.

## ACOE Examiner

By Odette C. Ortiz  
Chief, PAIO



Garrison Commander Col. Edwin C. Domingo presents a Commander's Coin to Ms. Awilda Morales Program Management Analyst for performance as an ACOE Examiner.

Photo Provided

On October 2009, Awilda Morales had the honor to conduct a site visit in U.S. Army Garrison Schinnen, IMCOM Europe. It was extremely encouraging for her to learn what it takes for an Installation to become an Army Communities of Excellence (ACOE) garrison and to be able to evaluate the installation's processes and best business practices. "Serving as an ACOE Examiner has been one of the most gratifying and challenging experiences that I have had since working in U.S. Army Garrison Fort Buchanan," said Morales. Through this team-based process, she also built a network of professionals that will ease information sharing. She hopes to have the opportunity to apply the knowledge and experience gained to support this garrison to achieve success and be recognized as an Army Community of Excellence. She envisions working for a high performing organization that is willing to improve key processes and the way they conduct business for the benefit of the Soldiers, their families and their workforce.

## Annual Weingarten Notice

By Miguel Ortiz  
Director, CPAC

In accordance with the requirements of 5 USC 7114(a)(3), the Labor and Management-Employee Relations Office wants to advise bargaining unit employees that: "An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if—

(a) the employee reasonably believes that the examination may result in disciplinary action against the employee; and

(b) the employee requests representation. The Federal Service Labor-Management Relations Statute (FSLMRS) requires that management annually inform its employees of their "representation rights" and therefore it is requested that this notice be placed in a conspicuous place so that employees may view their entitlement under the FSLMRS.

While being questioned by a management official, should a bargaining unit employee request union representation, the management official has three options:

- grant the request and notify the union that a meeting to examine a bargaining unit employee is going to take place and that the employee has requested union representation;
- stop questioning the employee and continue the investigation without interviewing that employee;
- offer the employee a clear choice to either continue the interview without representation, or have no interview.

It is strongly recommended that management officials consult with their servicing human resources specialist prior to questioning a bargaining unit employee. For the purposes of this law, an "examination" and "questioning" means the same.

For additional guidance please call Ms. Fabiana Nevado, Human Resources Specialist, Labor and Management-Employee Relations, at 787-707-3925.

## PR Government Services on Post

By Lydia Rivera  
Transportacion y Obras Publica

The Puerto Rico Department of Transportation and Public Works has an office in the Fort Buchanan Welcome Center, Building 152. Their operating hours are from 0730-1200, 1300 Monday thru Friday (except federal and local holidays). The services offered to the Fort Buchanan Community are:

- Motor Vehicle Registration - (those brought from stateside/CONUS or other parts of the world.
- Motor Vehicle Transfer of Ownership for which both the seller and buyer must have signed motor vehicle license before a lawyer or a PR Department of Treasury collector. If military, this can be performed at the Legal Office, building 214 or with the 1st MSC SJA office, building 399. After all has been done, then all documents

must be processed at DTOP to issue new motor vehicle license.

- Motor Vehicle Renewal Notification, if you have not received your annual motor vehicle renewal notification in order to inspect and purchase license tag.
- Motor Vehicle license duplicate, motor vehicle license plate duplicate and motor vehicle inspections tag duplicate (due to lost or stolen or because of worn out).
- Certificate of Motor Vehicle fines as required for export to CONUS, etc.
- Drivers record
- Special Veterans Motor Vehicle License Plate
- Conditional Sales Tax
- Cancel Conditional Sales
- Charges (Tax) for scrap
- Change of address (residence)

## Free Marvel Comics Flying onto PX Shelves

By Grace Fuentes, Public Affairs



Puerto Rico – Captain America is coming to Fort Buchanan to deliver on a promise made to a World War II Soldier in a new Marvel comic book that takes readers from occupied France to the front lines of Operation Enduring Freedom in Afghanistan.

Other superheroes joining "Cap" in The Promise by Paul Tobin include sidekick Bucky, the Human Torch, Sub Mariner and Miss America.

"The Promise is now available, for free, at the F.T. Buchanan PX located at BLD 689," said General Manager Rick Mora.

The Promise is the eighth free Marvel Comic offered exclusively through AAFES locations since the partnership between the Department of Defense's oldest and largest exchange service began in April, 2005.

"Frankly, the project started as a way to provide a taste of home and a bit of escapism to troops serving overseas," said Mora. "We were a little surprised at how quickly the popularity of the comic books went beyond the front lines as collectors and troops' family members expressed great interest."

For more information on how to pick up a free copy of The Promise, authorized exchange shoppers can call the PX at 787 792-8989.

- Fines check against both license plate and drivers license
- Cancellation of fines (penalties) against motor vehicle license plate, must have copy of prior payment
- Apprentice License Examination Review.
- Heavy Equipment Operator License Examination.
- No driver license renewal processed in this office.

If you need assistance or additional information, you can contact the office at 787-707-3929.





## Children of Alcoholics Week

By Myrna M. Llanos  
ASAP Prevention Education Coordinator

February 14-20, 2010, has been designated National Children of Alcoholics Week. This week is a time to educate the public and raise awareness about the hardships suffered by children living in households with one or more parents who drink.

Growing up in a home with an active alcoholic can affect how a child looks at life and almost everything in it. Adult children of alcoholics appear to have characteristics in common as a result of being raised in an alcoholic home. Alcoholism and drug addiction are taking a toll on the American family. The people hurt most by drugs and alcohol don't even use them; they are the children of alcoholics and other drug-dependent parents. As a result, 8.3 million children in the United States, (approximately 11 percent) live with at least one parent who is in need of treatment for alcohol or drug dependency.

One in four children under the age of 18 is living in a home where alcoholism or alcohol abuse is a fact of daily life. [National Institute of Alcohol Abuse and Alcoholism (NIAAA) Study]

Here are some facts that you may not know about young children of alcoholics:

- They are more likely to be victims of abuse or to witness domestic violence.
- They are more likely than other children to begin drinking during adolescence.
- They may suffer from the effects of fetal alcohol syndrome (FAS) or fetal alcohol exposure (FAE) due to alcohol use during pregnancy.
- They are more likely to experience mental health problems—depression, anxiety, behavioral disorders, and lower self-esteem—in childhood, adolescence, and young adulthood.
- They have more difficulties in school. They often blame themselves for their parent's drinking and related behavior.

Here are some characteristics about adult children of alcoholics:

- Isolation, fear of people, and fear of authority figures.
  - Difficulty with identity issues related to seeking constantly the approval of others.
  - Frightened by angry people and personal criticism.
  - Have become an alcoholic, married one, or both. A variation would be the attraction to another compulsive personality such as a workaholic.
  - Perpetually being the victim and seeing the world from the perspective of a victim.
  - An overdeveloped sense of responsibility. Concerned about the needs of others to the degree of neglecting their own wants and needs.
  - Feelings of guilt associated with standing up for your rights. It is easier to give into the demands of others.
  - An addiction to excitement. Feeling a need to be on the edge, and risk-taking behaviors.
  - A tendency to confuse feelings of love and pity. Attracted to people that you can rescue and take care of.
  - Avoidance of feelings related to traumatic childhood experiences. Unable to feel or express feelings because it is frightening and/or painful and overwhelming. Denial of feelings.
  - Low self-esteem. A tendency to judge themselves harshly and be perfectionist and self-critical.
  - Strong dependency needs and terrified of abandonment. Will do almost anything to hold onto a relationship in order to avoid the fear and pain of abandonment.
  - Tendency to react to things that happen versus taking control and not being victim to the behavior of others or situations created by others.
  - A "chameleon": a tendency to be what others want them to be instead of being themselves.
  - A lack of honesty with themselves and others.
- How you can help others and yourself:
- Provide children with age-appropriate information about alcohol, drugs, and the disease of addiction.
  - Let children know that alcohol/drug dependency is an illness. It is not their fault that their parent drinks too much or uses drugs, and they are not responsible for correcting it.
  - You can take care of yourself by talking with a trusted person and making healthy choices in your own life.

*Continues on page 17*

## Study reveals patriotic, active kids suffer less deployment stress

By Master Sgt. Doug Sample

WASHINGTON (Army News Service) -- Adolescents who believe that America supports the war in Iraq and Afghanistan and that Soldiers are making a difference in the world are less likely to suffer from anxiety and stress when their parent deploys, according to research unveiled Thursday.

Army War College researcher Leonard Wong described his 2009 study during a media roundtable Jan. 28 at the Pentagon. The study, which was supported by U.S. Army Forces Command, examined the effects of multiple deployments on military adolescents.

The research revealed that strong Army families and increased activity by children also reduced the level of stress, Wong said.

Wong and War College colleague Stephen Gerras conducted a survey of more than 2,000 Soldiers, 700 Army spouses and 550 Army adolescents. They further interviewed more than 100 Army children (ages 11-17) at eight Army installations across the country, asking them a variety of questions based on psychological scales.

The study was based on six factors they believed influenced the amount of stress that a child experiences when their Soldier deploys to war:

- The cumulative amount of deployments
- Strong families
- Supportive mentors
- Activities
- Communication
- Personal beliefs

Wong said when children were asked to agree or disagree with the statement: "The American public supports the war," the results were significant.

"What we saw was not a steep relationship, but a significant relationship, that the more a child agrees with this statement, the lower their stress levels," Wong explained.

He also said their analysis revealed that adolescents, especially teenagers, who were active in sports and came from strong military families, produced significantly lower stress levels as well.

"If we had to pick the one influence that accounts for the most variant in a child's stress level, it is their participation in activities, specifically sports," Wong said. "It (sports) keeps them distracted, takes their mind off the deployment, keeps them busy," he added. "The next largest influence is that you need a strong family." Wong attributed strong families as the reason why the majority of military children cope well during multiple deployments, noting the 56 percent of children surveyed said they were doing, "not Okay, but well or very well overall with deployments."

"That surprised us, we were really expecting it to be worse," he said.

However, Wong said he was even more surprised when their research revealed the biggest predictor of a child's ability to cope with a life of deployments is the child's belief that Soldiers are making a difference in the world. "This totally surprised us," he added.

Wong pointed out the study showed a cumulative number of previous deployments did not significantly relate with adolescent levels of deployment stress.

"There was no raising of the stress levels," he said. "Interestingly, we found that with each deployment, the child's level of stress went down. That's because they've coped with it the first time, and then by second time they've already learned how to deal with it, so when third time rolls around, they deal with it even better."

Meanwhile, Wong emphasized that while there are a lot of hurting kids out there -- meaning those having trouble coping with a parent's deployment -- there are many others who've come to accept it as a way of life.

"There are also a lot of kids out there who have internalized the value of sacrifice, of selfless service, of duty. And they're not happy about their parent being gone, but they understand it, and that helps them to cope."

The complete Army study can be found on-line at: [www.strategicstudiesinstitute.army.mil](http://www.strategicstudiesinstitute.army.mil).

*Continues on page 17*

## Financial Support of Dependents

By Manuel Merino  
Legal Assistance Office

The uniform policy of the Armed Forces of the United States is that service members will provide adequate financial support to their dependents and military service is not a sanctuary for those who fail to take care of their dependents. The applicability of a given military service policy will depend on whether or not there is a court order or a written agreement. Service members will comply with court orders and written agreements addressing the financial support of dependents. The absence of a financial support agreement or a court order will trigger the applicability of the regulation, instruction or manual of the Service to which the service member belongs. Although there is uniformity among the Services in terms of the intent of the policy, there are certain differences in the implementation of this policy, specifically, in what constitutes adequate financial support.

Each Service has designed a method to calculate the amount of financial support for dependents in the absence of a court order or written agreement. For instance, the U.S. Army provides that by pay grade the Basic Allowance for Housing at the with dependent rate will be the amount for financial support of dependents, while the U.S. Marine Corps uses a minimum amount of monthly support per requesting family member. You must keep in mind that these are interim measures until child support or alimony is established by mutual agreement of the parties or is adjudicated by the civil courts.

In those cases where a service member is not complying with a court order, a written agreement or is not providing sufficient or no financial support to his dependents will be addressed to the service member's commander. Once a commander receives a complaint of nonsupport, they are required to investigate and send a reply in a timely manner which for some Services is within 14 days of receipt of the complaint. The commander will follow the procedure prescribed by their Service to address this matter. The common procedure among the Services is that the commander will conduct a nonsupport inquiry to determine whether or not the allegations of nonsupport are true. And the burden of proof will be upon the service member to provide evidence that he or she is providing sufficient financial support to their dependents. The most common evidence to prove one is providing financial support is a cancelled check, money orders or a leave and earnings statement reflecting voluntary allotments to the dependents bank account for the period in question. However, as an exception, service members may comply with the financial support requirements by directly paying non-government housing expenses on behalf of the dependents, if the dependents are residing in the non-government housing. These expenses are limited to rent, principal and interest due on a loan secured with a mortgage, essential utilities such as gas, electricity and water. Other support in kind, like automobile loans and insurance or charge accounts made to others on behalf of the dependents requires the written approval of the dependent in order to be credited to the service member.

When a commander determines that a service member is not in compliance with their Service policy, at a minimum, the commander will counsel the service member and explain the Service's policy and the actions to take to comply with it. Service members who failed to comply with a court order or demonstrate an unwillingness to comply with the pertinent policy are subject to a lawful order from the commander to comply with the court order or the Service policy. Those who are in violation of the Service's policy are subject to punishment under the Uniform Code of Military Justice, as well as to adverse administrative action (i.e. reprimand, bar to reenlistment, separation).

There are several ways to present to a commander your nonsupport complaint, there is the Soldier's chain of command (immediate supervisor, First Sergeant), the Inspector General or your local legal assistance office.

You may contact your local legal assistance office to schedule an appointment to help you with your nonsupport case at (787) 707-5138. The Legal Assistance Office is located at Bldg 214, Brooke St. Ft. Buchanan, PR.





## Your P2P Empowered Computer

By Ivan Vazquez  
Network Enterprise Center  
Fort Buchanan

Did you know that sharing your music or your videos on the net could expose you an entire network of criminals trying to access your personal data? And while you may be smug in the feeling that you are sharing just a few music files, you may be sadly mistaken. A study was recently conducted by Dartmouth College's Tuck School of Business to examine the dangers of inadvertent data disclosure on file-sharing networks. This study involved the examination of data relating to P2P searches and files of 30 top US banks.

A search engine technology from Tiversa Inc. was used by the study group to collect and scrutinize all the P2P traffic that mentioned the banks under study by name, or mapped them to a particular digital footprint that was created by the University for each of the financial institutions that were being studied. Latest networks such as BitTorrent, FastTrack, Gnutella and eDonkey were used to gather the data for the study. The study found that an exceedingly high number of consumers doing simple tasks such as sharing music software on the P2P networks were inadvertently divulging sensitive data such as bank account and credit card details to criminals lurking around for such information. As per Eric Johnson, a study author and Professor of Operations at the Dartmouth's Center for Digital Strategies, a significant number of individuals as well as firms face this risk from the peer-to-peer file sharing networks.

What happens is the following. When people share their files such as free music software and just plain music also, they are inadvertently, many times and unless they specifically restrict the folders or file types to be shared, exposing the entire contents of their computers to the entire network. This is quickly lapped up by criminal minds lurking around for this very purpose. The reason for the exposure is that the popular P2P clients like BearShare, Limewire, Morpheus, Kaaza etc are specifically designed to search for and retrieve certain types of media files on a user's system. If the music files have accidentally been included in another folder, the contents of the entire folder can be exposed to the P2P network. If this folder happens to contain sensitive information, then rest assured that all of that sensitive information is being uploaded right along with the music recording that you were kind enough to share with your friends. Thus, it becomes

extremely important to control the access of the folders being shared. Another reason for the exposure is the confusing interfaces of some P2P clients, which result in sharing of a folder that was not intended to be shared. Wizards included with the clients often manage to complicate the problem further, by searching for and recommending sharing of all kinds of media files in the entire computer. Just one of these files needs to be in a folder containing sensitive information.

While some of the information could be leaked inadvertently, cyber-criminals are increasingly using P2P networks to specifically search for and harvest such data. A considerable portion of the search terms that were analyzed appeared to be looking for account and user information, databases, routing and PIN numbers and passwords. Sadly, it is the home users that account for a majority of the leaked information – as high as 80% of the entire data comes from them. Most have limited knowledge of computer and network security, so they are inherently more vulnerable to data theft. For businesses, it is important to ensure that computers, servers, and other connected devices are securely configured and that restrictions are in place to install software without formal review and approval. For home users (especially parents), remain vigilant to ensure that potentially dangerous software isn't installed by computer-savvy teens, who might want to share a few tunes but may unknowingly share much, much more.

*Editors Note: Ivan Vazquez is a CompTIA Security+ certified, IT professional with more than 15 years of experience in the Information Technology universe. He currently works for the Fort Buchanan NEC Network Enterprise Center. He specializes in network intrusion prevention, incident identification and analysis, and vulnerability scanning and analysis.*



## How to Speak Puerto Rican

by Joseph Deliz Hernandez, Esq.

"Pide, que hay"

Literal translation: Ask, because there is

Social meaning: There is plenty of something. It is used for all types of things and situations like, love, energy, youth, etc. It's the same as saying "All you have to do is ask and you shall receive!"

The phrase became the marketing cornerstone for a brand of beer on the island in 1991.

Example: "Pide que hay. Yo puedo batear a cualquier lado del campo de juego." (There is plenty more where that came from. I can bat to anywhere in the outfield.)



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## TRICARE Offers New and Improved Pharmacy Benefits

By Army Retirement Services

FALLS CHURCH, VA – The TRICARE Management Activity is introducing significant new enhancements to beneficiaries as it combines its mail-order and retail pharmacy contracts into one new contract called TRICARE Pharmacy.

The improvements to the TRICARE Pharmacy program include the Specialty Medication Care Management program in the mailorder pharmacy; expansion of the Member Choice Center providing assistance to help beneficiaries to switch their military treatment facility prescriptions to mail-order; and one call center phone number: 1-877-363-1303.

The Specialty Medication Care Management program is for beneficiaries using the mailorder pharmacy for their specialty medications. It is structured to improve their health through continuous health evaluation, ongoing monitoring, assessment of education needs and management of medication use.

"TRICARE beneficiaries will be pleased to know that to get this improved benefit they don't have to do anything," said Rear Adm. Thomas McGinnis, TRICARE Management Activity's chief pharmacy officer. "No calls, no paperwork."



Beneficiaries don't have to re-enroll. All copays stay the same and the network remains essentially unchanged."

Express Scripts, Inc. was selected to provide mail-order, retail and specialty pharmacy services for the TRICARE Pharmacy program.

This program will provide outpatient prescription drugs to 9.5 million beneficiaries.

Express Scripts currently handles millions of prescriptions each year through mail-order and retail pharmacies. For more information visit [www.TRICARE.mil/pharmacy](http://www.TRICARE.mil/pharmacy) or [www.expressscripts.com/TRICARE](http://www.expressscripts.com/TRICARE), or call 1-877-363-1303.





## Garrison Volunteers Supporting Haiti Relief Efforts

By El Morro Staff



Col. Edwin C. Domingo (left), Commander, Ft. Buchanan was grateful of the efforts by the volunteers as the operation was completed and the donated supplies were safely delivered to the collection point.



Chaplain Lawson is assisted by Chaplain Craig Pache from the 1st MSC as both led the way in the relief efforts.



Volunteer Soldiers assist Chaplain Lawson in loading the donated supplies into the Army truck provided by the 1st MSC. Below Soldiers unload and prepare pallets for shipment at the Hiram Bithorn collection point.



The U.S. Garrison Fort Buchanan's long legacy of cooperation is reflected in our community response to Haiti after a massive earthquake shook the capital city of Port-au-Prince leaving thousands of people without food, clothes and shelter. The world was fast to provide aide to the battered nation. Fort Buchanan was no exception.

Once approved by Installation Commander, Col. Edwin C. Domingo, the Religious Support Office (RSO) under the supervision of Lt. Col. (Ch.) Kenneth E. Lawson took the initiative to muster groups of volunteers to start collecting items of personal hygiene, water and medicines in support of the Haiti relief efforts. He was joined by 1st Mission Support Command Maj. (Ch.) Craig M. Pache. Together with garrison volunteers RSO collected over 400 gallons of water, several thousand pounds of non-perishable food and numerous boxes of clothing. Volunteers operated in shifts at the Chapel Annex. The cargo was loaded by Garrison, Reserve Soldiers and some members of the Marine Corps, onto military trucks provided by the 1st Mission Support Command. Then it went to the government's collection point at Hiram Bithorn Stadium.

This teamwork effort went without a hitch making evident the commitment of the Fort Buchanan community to support others in need, be it locally or in a foreign country. During the visit to the Chapel Annex, Col. Domingo expressed his gratitude for the outstanding support by the volunteers and the dedication of the entire garrison community.

The aide was not only physical in the form of food, clothes, water and medicine, but also spiritual. It was a mission Chaplain Lawson took to heart when he was called upon to give counseling, spiritual support and religious services to Haitians as they landed at the Puerto Rico Air National Guard, Muñiz Air Base in Carolina on their way to the United States.



Volunteer and Marines packing clothes for Haiti victims of the earthquake: (L to R) LCpl. Jesus Orona; Ms Michell Alonso, US Coast Guard volunteer; and Sgt. Christopher MacWilliam.



Col. Edwin C. Domingo, Commander, Fort Buchanan (left) shares the occasion with Chaplain Lawson (center front) and his group of volunteers.



Fire men from the Garrison Fire Department check the boxes to ensure food supplies are properly packed before closing boxes.



Garrison and 1st MSC Soldiers classify, pack and load supplies under the watchful eye of chapel assistant Osiris Soto (left).



Classifying and packing food was the task for chapel volunteers Spc. Tiffany Roman and Osiris Soto, with the help of Nelson Carucini and Luis Rojas from the Garrison Fire Department.





# Purple Heart Award Ceremony - Six American Heroes

By El Morro Staff



Governor of the Commonwealth of Puerto Rico Luis Fortuño addressing audience during Fort Buchanan's Groundbreaking Ceremony.

On January 26, 2010 Fort Buchanan community honored six distinguished Soldiers with one of the highest United States Army decorations – the Purple Heart, awarded in the name of the President of the United States, for wounds or death as result of an act of any opposing armed force, as a result of an international terrorist attack or as a result of military operations while serving as part of a peacekeeping force.

The Purple Heart recipients are members of the Army Wounded Warrior Program directed by Col. (Ret) Margarita Aponte. The Army Wounded Warrior Program "assists and advocates for severely wounded, ill and injured Soldiers, Veterans and their Families, wherever they are located, for as long as it takes." The program also represents the Army's commitment to these warrior and their families stated in the Army Family Covenant.

The Soldiers who received the Purple Heart Medal represented the Active Duty and National Guard components of the U.S. Army. Representing the Active Duty component were SPC Moses Díaz – A Co, 1st BN, 509 Inf., Fort Polk and Cpl Benjamín Pérez – 82nd Airborne Division, Fort Bragg. Representing the National Guard component were SSG Luis Rivera Valentin – 130th Eng Bn, A Co, Aguadilla, SGT Richard Strzalka – 1st 69th INF, New York, SGT Carlos Martínez – 295th Inf, 48 BCT, Juncos, and SPC Douglas Hernández – 101st CAV, New York.

The U.S. Army Garrison Fort Buchanan Acting Command Sergeant Major, MSG William Russell read the Citation while 1SGT William Pacheco sup-



Purple Heart Medal awardees and audience listen to the remarks by Gov. Luis Fortuño

ported the ceremony bringing the awards to Col. Edwin C. Domingo, Fort Buchanan Garrison Commander representing the Active Duty Component and Maj. Gen. Antonio J. Vicéns, The Adjutant General of the Puerto Rico National Guard. Both commanders, in turn, presented the medal to the Governor of Puerto Rico, Honorable Luis Fortuño, who pinned the award to the Soldiers.

By honoring these Soldiers the Fort Buchanan community reaffirmed its commitment to sustaining the support of the members of our Armed Forces who serve our great nation with honor and distinction.

## Medal Award Presentation



(Left) The six Soldiers awarded the Purple Heart Medal pose for a group photo.

(Below) Maj. Gen. Antonio Vicéns and Gov. Luis Fortuño pin award on SPC Douglas Hernández.

(Right) Gov. Fortuño pins award on Sgt. Richard Strzalka while Maj. Gen. Vicéns looks on.

(Below right) Gov. Fortuño pins medal on SPC. Mosisés Díaz while Cpl. Benjamin Pérez stand ready.







Photos by Leo Martinez

## Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army Families that enhances their strength and resilience.

We are committed to improving Family Readiness by —

- Standardizing and funding existing family programs and services.
- Increasing accessibility and quality of health care.
- Improving Soldier and Family housing.
- Ensuring excellence in schools, youth services and child care.
- Expanding education and employment opportunities for Family members.



The signing of the Army Family Covenant by the Government, Military Leaders, Soldiers and their Families was a public demonstration of the support to Puerto Rico's military members and their families. This event represents the commitment of our civilian and military leaders in improving the quality of life of those who serve so we can reap the benefits of freedom. They are our Soldiers and their Families.

The covenant was signed (clockwise from above): Hon. Luis Fortuño, Gov. PR Commonwealth; Col. (P) Fernando Fernandez Cdr., 1st MSC; Horacio Cabrera, Army Reserve Ambassador; Maj. Gen. (Ret) Felix Santoni, Civilian aide Secretary Army; Maj. Gen. Antonio J. Vicens, PR Adjutant General; Col. Edwin C. Domingo, Cdr., Fort Buchanan Garrison.







# Fort Buchanan Joint Groundbreaking Ceremony

By Jasmine Chopra

A groundbreaking ceremony marking the start of construction on four joint armed forces reserve centers (AFRC) was held at Fort Buchanan January 27.

The four joint centers, which total \$85 million in contracts, include facilities in Fort Buchanan, Fort Allen, Ceiba, and Mayaguez. Construction of these projects will have a positive impact in the local economy by creating more than 500 jobs and will provide additional benefits in terms of acquisition of materials, supplies and services. The construction companies will use several subcontractors per federal small business requirements.

The centers will replace aging facilities and will better serve Puerto Rico's Citizen-Soldiers and Marines. No live-fire weapons training will be conducted at any of the centers. The four projects are part of the Base Realignment and Closure (BRAC) of 2005 and are required under BRAC law. Notable of the design and construction of these centers is that each will seek to achieve, at minimum, a LEED SILVER rating under the LEED-NC Version 2.2 Green Building

## Rating System.

Leadership in Energy and Environmental Design (LEED) is a rating system devised by the United States Green Building Council (USGBC) to evaluate the environmental sustainability of a building and encourage market movement towards "greener" design. "We are proud to use our engineering expertise and construction experience to provide the Soldiers and Marines of Puerto Rico with the world-class facilities they need and deserve," said Col. Keith Landry, USACE, Louisville District commander.

The Corps serves as the construction agent for military construction. Louisville District has had overall project management of the four centers in Puerto Rico until now, with Jacksonville District's Antilles office now stepping in to provide project oversight. Governor of Puerto Rico, Luis Fortuño, along with several other local officials, and leaders from the U.S. Army Corps of Engineers, U.S. Army, Army Reserve and National Guard, and U.S. Marine Corps participated in the event.

"These facilities will give the men and women on this island who valiantly serve



Groundbreaking Ceremony (L to R): Sen. Lucy Arce; Col. Edwin C. Domingo, Garrison Commander; Segundo Ferro, Office of the Resident Commissioner; Maj. Gen. Felix Santoni, Civilian Aid Secretary of the Army; Hon. Luis Fortuño, Governor of PR; Col. (P) Fernando Fernandez, Commander 1st Mission Support Command; and Maj. Gen. Antonio J. Vicens, Adjutant General National Guard.

Photos by Leo Martinez

our nation the facilities they need and deserve," said Fortuño.

Not since the 1950's has an armed forces reserve center project of this magnitude occurred in Puerto Rico "This facility looks fantastic," said Sgt. 1st Class Edgar Paez, logistics maintenance manager in the 1st Mission Support Command as he looked at an artist's rendering of one of the centers.

"It's really exciting to think about the fact that this is going to be my reserve center," said Sgt. Jeniffer Ruberte-Laspina, a postal specialist with the 271st Human Resources Command. "It's so much better than the old building we have now and it's great to know we will have an adequate facility to train in," said Ruberte-Laspina. The centers are expected to be completed in the summer of 2011.

At Fort Buchanan, the center will measure 72,246 square feet. Two Army Reserve units, two Puerto Rico Army National Guard units, and one U.S. Marine Corps Reserve unit will be housed here. It is estimated 65 permanent, full-time personnel will use the facility with about 400 personnel using the facility on a rotating basis. The project was

awarded to DTC Engineers and Constructors, LLC in September 2009 and it is expected the facility will be ready for use in June 2011.

At Fort Allen, the center will measure approximately 55,037 square feet. It is estimated 15 permanent, full-time personnel will use the facility with about 150 personnel using it on a rotating basis. The project was awarded to Korte Construction Company in June 2009 and the center will be ready for use in May 2011.

At Ceiba, the center will measure approximately 78,350 square feet. It is estimated 25 permanent, full-time personnel will use the facility with about 600 Puerto Rico National Guard personnel using it on a rotating basis. The project was awarded to Consigli Construction Co., Inc. in September 2009 and is expected to be completed in June of 2011.

At Mayaguez, the center will measure approximately 57,718 square feet. It is estimated 16 permanent full-time personnel will use the facility with about 400 personnel on a rotating basis.

The project was awarded to DTC Engineers and Constructors.



Puerto Rico Gov. Luis Fortuño addresses the media during a press conference to announce the construction of four joint reserve centers to meet the training needs of Citizen-Soldiers and Marines.

## CSA addresses worldwide challenges at Brookings Institution

By J.D. Leipold, Army News Service

WASHINGTON -- Army Chief of Staff Gen. George W. Casey Jr. said as the Army looks to the future, his two key concerns are weapons of mass destruction in the hands of terrorists and countries that won't deny safe havens to those terrorists.

Reiterating what he had stated in 2007 at the Brookings Institution, Casey returned to one of the country's oldest think tanks Jan. 29 to give an assessment of the present and future of the Army, adding that Iraq and Afghanistan were foreshadows to the future nature of conflict.

"We are in for a decade or so of what I call persistent conflict, a period of protracted confrontation among state, non-state and individual actors who are increasingly willing to use violence to accomplish their political and ideological objectives," he said. "That's what I said back in 2007, and that's what I still believe today."

He said the Army had been taking hard looks at what it thinks the character of war is going to be in the second decade of the 21st century. Casey cited a study of the conflict in southern Lebanon in 2006 where a non-state actor, Hezbollah, had the instruments of state power because they were supported by Iran and Syria which were able to provide them with surface-to-air, anti-tank and cruise missiles.

"They had secure cell phones, used secure computers for command and control and got their message out on local television, and about 3,000 Hezbollah operatives basically held off 30,000 well-armed, well-equipped Israeli soldiers," Casey said. "That's a much more complex struggle even



Army Chief of Staff Gen. George W. Casey Jr. discusses the state of the Army with Michael O'Hanlon, senior fellow and director of Research, Foreign Policy at the Brookings Institution in Washington, D.C., Jan. 29.

Poto by J.D. Leipold

than what we're doing in Iraq and Afghanistan, so we're continuing to refine our thoughts on that."

"This is a long-term ideological struggle and it's not one that we can walk away from," he said. "As we look at the trends that we see in the international environment, it seems to us that those trends are more likely to exacerbate."

Casey also said he had four imperatives he felt the Army needed to do to hold the force together and to bring it into a position of balance by 2011.

First, is to sustain Soldiers and families with a particular focus on mid-level officers and noncommissioned officers

which he said take 10 years to grow.

Secondly, is to continue preparing and equipping Soldiers for the current conflict - something he felt the Army had made great strides in since the early years in Iraq when it took an excessive amount of time to get up-armored Humvees into country. He said delivery of Mine Resistant Ambush Protected vehicles into Afghanistan took about nine months, so "we're getting better at that."

As his third priority, Casey is concentrating on expanding the reset period for Soldiers and equipment. He said 12 months of dwell time isn't enough for Soldiers or equipment to recover fully. He said the Army had recently completed a study to that effect.

"For the first time, we have scientific data that showed that after a 12-month combat deployment, it takes 24 to 36 months actually to recover stress levels to what they called 'normal garrison' stress levels," Casey said. He said the one-year-out, one-year-back deployment/dwell scenario was not sustainable and that the Army would continue to work toward a one-year-out, two-year-back cycle for the active force and a one-year-out to four-year-back cycle for the National Guard and Reserve. The long-term objective would be one year out, three years back for the active Army; one year out and five years back for the Guard and Reserve.

"Lastly, we have to continue to transform. You don't stay at war for as long as we've been at war without figuring out better and smarter ways to do things," he said. "I can actually see the completion of the objectives we set for ourselves to get back in balance."





## 2010 census: Especially important to military families

By Susan R. Anderson  
Army News Service

WASHINGTON -- With about \$400 billion a year in federal funds at stake, the 2010 census may prove especially important for the thousands of Army families who have relocated since 2000 as a result of Base Realignment and Closure, said a 2010 census media specialist.

The larger the concentration of families in and around the installations that have experienced growth, the larger the support system has to be to accommodate them, said Robert Crockett, also a retired Army sergeant first class.

In addition to being a "snapshot of America," the census is a device by which federal funds are returned to the states and congressional seats are distributed to accommodate state's changing needs, he said.

Military families living in areas that have experienced significant growth may see the direct and indirect benefits of their participation in the census through, for example, larger schools, hospitals, roads, housing for elderly, and job training. States that have grown in population since 2000 could also gain congressional seats after the 2010 census, said Crockett.

With only 10 questions, the 2010 census is the shortest to date. However, with so many servicemembers deployed, military families in particular may still have questions regarding how to answer certain questions, he said.

The first question on the census is, "How many people were living or staying in this house, apartment or mobile home on April 1, 2010?"

"If a spouse is overseas, then that person receiving the questionnaire should not count the spouse that is overseas. That spouse overseas would be part of an overseas enumeration," and he or she will be listed by their home state, said Crockett.

"If your spouse is on a military vessel with a U.S. homeport, then they should be counted as part of your household. If your spouse is on a military vessel from a foreign homeport, then they should not be counted as part of your household," he said.

Military families stateside will receive the census form in the mail just like everyone else.

Servicemembers and their families located overseas will not receive a form. The Defense Manpower Data Center will provide records to the Census Bureau for ser-

vicemembers and military families overseas, based on home of record.

Families stateside who do not return the form within the indicated time will receive repeated notifications from the Census Bureau. Then if the forms are still not received, families can expect a knock on the door from a census worker.

If someone is apprehensive about speaking with a stranger, they can ask to see the identification card that all census workers must and will carry, Crockett said, or a phone number to their supervisor.

He said the military community might be surprised to learn that the census is the largest mobilization of resources that the nation undertakes.

"There is nothing in the United States that compares with the census effort, this effort to count everyone, only once and in the right place. We have to hire a temporary force of over a million people. That's roughly the equivalent to the entire population of Hawaii, and we are setting out to count well over 130 million people," he said.

While participation in the census is required by law, Crockett points out that all answers are protected.

"The census is not intrusive... it's protected by law and none of this information is shared with any other agency whatsoever," he said.

Those who have filled out a census form in years past may notice differences. Based on findings that suggest the simpler the form, the higher the participation, the 2010 census form is limited to the most fundamental questions, Crockett said.

The more detailed questions asked in the past are now asked on the American Community Survey. Sent to a random sample of addresses on a monthly basis, the American Community Survey takes a more detailed look at what America wants and needs, Crockett said.

The American census was first conducted in 1790, and was the first census in history used to empower the people. It is repeated every 10 years.

For more information on the 2010 census, visit [www.census.gov](http://www.census.gov). Follow the link to the 2010 page for frequently asked questions and a host of interactive activities, including testimonials and trackers that allow you to follow your community's return rate.

## Fort Buchanan Shaping the Future

By PAIO Staff



Fort Buchanan Garrison staff listens as seminar facilitator explains why installations need to become better stewards of resources, do business smarter and more efficiently.

Photo by Leo Martinez

Fort Buchanan - In the December issue, Lt. Gen. Lynch, the new Installation Management Command (IMCOM) Commanding General featured an article "Resourcing the Army Home: Installation Funding Levels on the Decline". In his article, he emphasized that installations need to become better stewards of resources, do business smarter and more efficiently without sacrificing the quality of service that our Soldiers and their Families deserve. Along those lines, Lt. Gen. Lynch is developing his Army Campaign Plan. This plan will further communicate his vision and expectations and will be released to the Garrison Commanders in an upcoming conference to be held at the end of March.

In preparation to Lt. Gen. Lynch's Army Campaign Plan, the Plans, Analysis and Integration Office (PAIO) coordinated several interactive seminars with leaders, tenants and workforce participation. From 3-5 February 2010, Mr. Joe Albright and Mr. Terry Peck, consultants from the Office of

the Under Secretary of the Army, Office of Business Transformation (OBT) assisted the staff in developing the strategic planning framework that later will be integrated into the IMCOM Campaign Plan.

Approximately 60 personnel participated in the different seminars that covered topics such as, strategic communications, change management, process improvement, and performance management. The vision shared by the participants is to shape the future of US Army Garrison Fort Buchanan to be an Army Community of Excellence in the Caribbean ready to support operations within the area and wherever our forces and unique skills are needed.

**Army**  
**eLearning**



(Above) Members of the Fort Buchanan workforce who took the training provided by the Plans, Analysis and Integration Office. (Left) Students discuss approach to the strategic planning framework. Obama Signs Veterans Health Care Legislation JAN-APR 2010







# Obama Signs Veterans Health Care Legislation

By Armed Forces News Service



President Barack Obama signs the Veterans Healthcare Reform and Transparency Act while Veteran Affairs Secretary Gen. (Ret) Eric Shinseki and other Veterans and dignitaries look on.

Photo Provided

WASHINGTON (AFNS) – The Veterans Healthcare Reform and Transparency Act fundamentally changes how the Department of Veterans Affairs receives health care funding. The reform calls for appropriations a year in advance after more than two decades of regular budget delays, President Obama said from the White House East Room.

“Over the past two decades, the Veterans Affairs budget has been late almost every year, often by months,” the president said. “At this very moment, the VA is operating without a budget, making it harder for Veterans Affairs medical centers and clinics to deliver the care our vets need.”

President Obama said that because of budget shortfalls, new doctors, nurses and critical staff aren’t hired on time. New health care facilities and programs often are put on hold, leaving Veterans to pay the price for the government’s neglect, he said.

“This is inexcusable. It’s unacceptable. It’s time for it to stop,” he said. “And that’s just what we’ll do with this landmark legislation.”

The law gives the Veterans Affairs more funding predictability so officials can better budget their needs, recruit better trained professionals and upgrade equipment. Mostly, President Obama said, the law gives Veterans better access to quality care.

“In short, this is common-sense reform,” he said. “It promotes accountability at the VA. It ensures oversight by Congress. It is fiscally responsible by not adding a dime to the deficit, and it ensures that Veterans’ health care will no longer be held hostage to the annual budget battles in Washington.”

“Keeping faith with our Veterans is work that is never truly done,” he continued.

“Today’s Veterans expect and deserve the highest quality care, as will tomorrow’s Veterans, especially our men and women in Iraq and Afghanistan.”

President Obama pledged his administra-

tion would continue efforts to build a 21st-century Veterans Affairs.

Since he’s taken office, the White House, Veterans Affairs and Pentagon have been working to “cut the red tape and backlogs,” he said.

He noted the administration has invested in mobile clinics to give Veterans in rural areas better access, and cited the Veterans Affairs and Pentagon’s work to develop a single health care record for servicemembers to make their transition out of the military a simpler process.

President Obama also vowed to end homelessness among Veterans and praised the success of the Post-9/11 GI Bill, which offers qualified Veterans better opportunities to attain higher education and training.

“All told, we have made the biggest commitment to Veterans, the largest percentage increase in the Veterans Affairs budget in more than 30 years,” he said. “As a nation, we’ll pledge to fulfill our responsibilities to our Veterans, because our commitment to our Veterans is a sacred trust, and upholding that trust is a moral obligation.”



# Wounded Warrior becomes first blind Soldier to take Company Command

By Tommy Gilligan  
Army News Service

WEST POINT, N.Y. -- Soldier, Infantryman, Airborne Ranger, combat diver, mountain climber, skier, triathlete, surfer, husband and father are just a few words to describe Capt. Scotty Smiley.

Now, add company commander to his resume as he became the first blind officer to assume command of a Warrior Transition Unit, Monday.

He became only the second wounded warrior to assume command of a WTU.

During Smiley’s last deployment to Iraq in 2005, he was wounded, permanently losing his vision.

After receiving medical attention, Smiley was transferred to the Fort Lewis, Wash., WTU. There he began his recovery and his journey to get back to active-duty status.

The 2003 West Point graduate wanted to get back to doing what he loved and that was serving his country in uniform.

Smiley attributes his strength and drive during his recovery to his family, faith and friends.

“It was my wife, my family and friends who were in my hospital room singing songs and reading the Bible that gave me the strength during my recovery,” he said. “It was all of this which allowed me to put one foot in front of the other and has allowed me to accomplish everything that I have done to get to where I am today.”

The Army Times 2007 Soldier of the Year looked at what had happened to him and made the decision that he was not going down the same path as the character Gary Sinise played in the 1994 movie Forrest Gump.

“The decisions that Lieutenant Dan made after his injuries never came into my mind. I wanted to take care of myself—physically, mentally and spiritually,” he said. “I just did not want to give up because of something that negatively happened to me.”

He dreamed to return back to active duty, but he knew it was going to be a long and strenuous path. However, it was not anything Smiley was willing to give up on.

“There were some very long dark days, physically and mentally, but I just had to keep pushing on,” Smiley said.

He transitioned back to active duty, working at the U.S. Army Accessions Command at Fort Monroe, Va. After being there for some time, Smiley’s commander told him he had been selected to go to grad school.

“I thought he was kidding me. I was absolutely shocked,” he explained.

“Then they are going to let me go teach—that was awesome,” Smiley said with a smile stretching from ear to ear.

He attended Duke University where he received his master’s of business administration.

While Smiley was in school, he also cultivated a friendship that had begun during the summer of 2007 with legendary Duke University basketball coach and fellow West Point graduate, Mike Krzyzewski, Class of 1969, before the men’s basketball world championships and Olympics.

“When my brigade commander, who was (then a) colonel and is now Brigadier General Brown, asked if I would be interested in speaking to the team, I was taken aback. ‘Are you sure you know who you are talking to? Why would the national basketball team want me to talk to them?’” Smiley said.

“The first time I met him, he spoke to

the Olympic team in Las Vegas. We were trying to teach the team about selfless service,” Krzyzewski said. “They not only heard what Scott had to say, but they truly felt what he had to say.”

“When I think of Scotty, I think of ultimate service, especially selfless service,” he added.

When Smiley realized why Coach K wanted him to come speak to the team, it made sense to him. “Coach Krzyzewski went and coached here, he understands what sacrifice is all about,” Smiley said.

After completing his master’s degree, Smiley returned to where it started during the summer of 1999, although in a very different capacity.

Over the past six months, Smiley has been an instructor in the Behavioral Sciences and Leadership Department, teaching a leadership course to third-year cadets.

“His endurable spirit and character are traits that the cadets can just relate to,” said Lt. Col. Eric Kail, a BS&L instructor. “He has overcome so much through his attitude and desire to excel in life. Scott is a great teacher.”

Even though Smiley will not be physically teaching in the classroom for the duration of his tour as WTU commander, he will be leading by example as he begins this new chapter of his life.

Smiley’s former commander while at USAAC and present U.S. Army Chief of Engineers and commanding general of the U.S. Army Corps of Engineers, Lt. Gen. Robert Van Antwerp, shared his thoughts on this occasion.

“Scott brings a whole new dimension to Soldiering and leadership. When you are around him, you can’t help but want to do your best—without complaining—because he gives his best everyday,” said Van Antwerp, class of 1972.

About Smiley being the second wounded warrior to hold a command position, Van Antwerp said, “Scotty will be a great commander. He will lead from the front like he has always done. I am proud of him and proud of our Army for giving him this opportunity.”

Others like Krzyzewski seconded that notion. “He may not have the eyes to see, but he sees more things than most leaders could ever see,” Krzyzewski said. “His ability to translate that to his unit and the people he has (under his command), he will have the ability to touch many and they will be impacted tremendously.”

Smiley now takes command of a company that he himself understands.

“I know what they are going through. I understand the dynamics of the company, how it works and areas of concern that need to be improved,” Smiley said.

With only 50 percent of his command on West Point grounds, Smiley will travel from the rocky shorelines of Maine to the rolling hills of Pennsylvania to ensure his troops are being taken care of and doing what they need to do to get better.

“It is now my responsibility to inspire them and to continue to help them get the job done,” Smiley said.

With his goals set and with a firm personal understanding of his present and future troops, the new company commander begins his tour, leading from the front like he always has.





## Be good to your heart: Eat less salt

By Lt. Col. Karen E. Hawkins,  
DeCA dietitian

FORT LEE, Va. – Do something good for your heart: Eat less salt. This involves more than just giving up the salt shaker to help reduce your sodium intake. A very small amount of the sodium you eat daily actually comes from the salt you add to food. Yet, more than 70 percent of the sodium in the average American's diet is found in the processed and restaurant foods we buy, prepare and eat every day.

### Sodium guidelines

Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the following population groups, you should consume no more than 1,500 mg per day:

- You are 40 years of age or older.
- You are African American.
- You have high blood pressure.

A new Centers for Disease Control report shows that two out of three – 69 percent – adults in the United States fall into these three groups that are at especially high risk for health problems from consuming too much sodium. Eating less sodium can help prevent, lower or even control blood pressure.

to chips and crackers. All of these foods may be included when trying to reduce your salt intake.

Read the nutrition labels to find out how much sodium per serving is in the food you are buying. Choose the lower-sodium foods, especially soups. When possible, make your own soup to better control the amount of salt you eat.

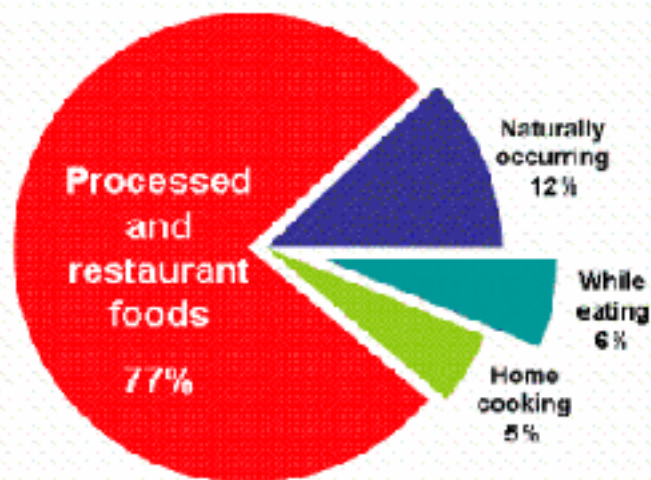
Buy and use the sodium-free marinades for chicken, beef, pork and seafood. You can also use any marinade left in the bottle to cook vegetables, potatoes or pasta.

When buying and using canned vegetables and beans, rinse them under running water at home. This will remove up to 40 percent of the sodium. Buy and use herbs and seasoning powders instead of seasoning salts. Create your own mixes with different herbs.

When in doubt, use garlic and onion powder to season meat or vegetables.

There is a nationally known eating plan, the DASH diet, that can help lower high blood pressure. DASH, which stands for Dietary Approaches to Stop Hypertension, isn't a weight-loss diet, but rather an eating style to help reduce your risk of serious health complications. It helps lower

## Most Sodium Comes from Processed and Restaurant Foods



Source: Mattes, RD, Donnelly, D. Relative contributions of dietary sodium sources. Journal of the American College of Nutrition. 1991 Aug; 10(4):383-393.

### Hidden sodium

The CDC and others recognize that most of the sodium we eat comes from packaged, processed, store-bought and restaurant foods. Only about 5 percent comes from salt added during cooking and about 6 percent comes from salt being added at the table. You can find out how much sodium you are eating by checking the labels on food products and adding up the sodium milligrams. If at a restaurant, ask for nutritional information facts that include sodium.

### Shopping tips at your commissary

Fresh is best when trying to eat less salt or sodium. Shop around the perimeter of the store where you'll find the produce, lean meats and dairy foods, which are naturally low in sodium, and all at significant savings of more than 30 percent. In the center aisles, look for the many reduced-sodium foods that are available today. These include everything from soups

blood pressure by including nutrients, such as potassium, calcium and magnesium, all of which are associated with lower blood pressure. These key nutrients are boosted by including more fruits, vegetables and low-fat or nonfat dairy in your daily diet. If you are battling high blood pressure, or just want to follow a healthy eating plan, DASH helps lower sodium or salt in your diet.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

## Deadline for 2010 Scholarships for Military Children fast approaching

By Tammy L. Moody,  
DeCA Marketing and Mass  
Communications Specialist

FORT LEE, Va. – The Feb. 17 deadline for students to apply for the 2010 Scholarships for Military Children Program is fast approaching. All students interested and eligible to apply are encouraged to gather their materials and submit their applications as soon as possible.

One of the materials needed includes an essay on the following topic: "You can travel back in time, however, you cannot change events. What point in history would you visit and why?"

The Scholarships for Military Children Program was created 10 years ago to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Applications are available in commissaries worldwide and online through a link at <http://www.commissaries.com> and directly at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 17. At least one scholarship will be awarded at every commissary location with qualified applicants.

Those eligible to apply for a scholarship are dependent, unmarried children, younger than 21 (23 if enrolled as a full-time student at a college or university) of active-duty, Reserve, Guard or retired military members; and survivors of service members who died while on active duty, or survivors of individuals who died while receiving military retired pay.

Eligibility is determined using DEERS, the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in DEERS and have a current ID card.

An applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program.

The scholarships program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit scholarship management services organization, manages and awards the scholarships. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.

Since its inception in 2001, the program has awarded \$7.3 million in scholarships to almost 5,000 children of service members.



## Panel to explore ending 'Don't Ask, Don't Tell'

By John J. Kruzel  
American Forces Press Service

WASHINGTON (Feb. 2, 2010) -- Defense Secretary Robert M. Gates today established a Defense Department panel to prepare the military for the potential elimination of the "Don't Ask, Don't Tell" policy that bans openly gay people from serving in the armed forces.

The working group is tasked to assess the relevant issues within a year in an effort to prime the department to adapt to any changes Congress makes to the 17-year-old law underpinning the controversial personnel policy -- a legislative move supported by Gates, President Barack Obama and the nation's top military officer.

"I fully support the president's decision," Gates told the Senate Armed Services Committee today. "The question before us is not whether the military prepares to make this change, but how we best prepare for it."

Noting the political climate in which the policy debate is playing out, Gates said a guiding principle of the department's effort will be to minimize disruption and polarization within a military engaged in two wars.

The working group, to be headed by Jeh Johnson, the Pentagon's top lawyer, and Gen. Carter Ham, the commander of U.S. Army Europe, will immediately begin reviewing the issues associated with implementing a repeal to "Don't Ask, Don't Tell."

"The mandate of this working group is to thoroughly, objectively and methodically examine all aspects of this question, and produce its finding and recommendations in the form of an implementation plan by the end of this calendar year," Gates told lawmakers.

Appearing alongside Gates was Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, who echoed the secretary's endorsement of repealing the policy.

"Speaking for myself and myself only, it is my personal belief that allowing gays and lesbians to serve openly would be the right thing to do," Mullen said. "No matter how I look at this issue, I cannot escape being troubled by the fact that we have in place a policy which forces young men and women to lie about who they are in order to defend their fellow citizens."

The chairman said "Don't Ask, Don't Tell" is an issue that strikes at the integrity of the U.S. armed forces as an institution and that of individual servicemembers, who Mullen believes would accommodate a change to the policy, praising troops' adaptability. But he also acknowledged the likelihood that repealing the law would lead to a disruption in the forces.

"We would all like to have a better handle on these types of concerns, and this is what our review will offer," Mullen told the Congressional panel.

The hearing on "Don't Ask, Don't Tell" comes after Obama announced in his State of the Union address last week his desire to end the policy.

"This year, I will work with Congress and our military to finally repeal the law that denies gay Americans the right to serve the country they love because of who they are," Obama said. "It's the right thing to do."

*Continues on page 17*





# Fort Buchanan's Preparedness Corner

## Are You Prepared for Emergencies or Disasters?



By Angel Vasquez  
DPTMS, Operation

### FLOOD

Flooding is the most common natural disaster and can occur anywhere. Flooding can be localized in a particular neighborhood or widespread, affecting entire cities or large portions of states and territories. Floods can develop over a period of days, giving you adequate time to prepare; however, flash floods can develop in a matter of minutes. Flash flood waters can be caused by heavy rain, levee breaches or dam failures. Rushing flood waters can be deeper and stronger than they look. These waters are also destructive and can carry debris, rocks and mud.

#### How to Prepare for a Flood:

- Determine whether your home or work place is in a predetermined flood plain.
- Stay informed and know flood terminology:
  - Flood Watch—Flooding is possible. Stay tuned to radio or TV for more information.
  - Flash Flood Watch—Flash flooding is possible. Stay tuned to radio or TV for more information. Be prepared to move to higher ground.
  - Flood Warning—Flooding is currently occurring or will occur soon. Listen for further instructions. If told to evacuate, do so immediately.
  - Flash Flood Warning—Flash flooding is currently occurring or will occur soon. Seek higher ground on foot immediately.
- Get an emergency supply kit, and store it where it can be accessed by all family members.
- Know your installation's plan, and develop an evacuation procedure as a family.
- Develop a communication plan in case you are not together during evacuation.
- Identify where you can go if you need to reach higher ground quickly and on foot.
- Keep enough fuel in your car's tank to evacuate. Expect a high volume of slow traffic.

#### What to Do If There Is a Flood:

- Stay tuned to the radio or TV for further information and instructions.
- If you are ordered to evacuate:
  - Take only essential items.
  - Turn off gas, electricity and water.
  - Disconnect appliances.
  - Do not walk in moving water.
  - Do not drive in flood water. As little as six inches of water can cause loss of control and stalling of a vehicle.
  - Follow the designated evacuation procedure.
- If you are NOT ordered to evacuate:
  - Stay tuned to emergency stations on radio or TV.
  - Listen for further instructions.
  - Prepare to evacuate to a shelter or a neighbor's home if your home is damaged.
- Once you are in a safe place, report to your command if you are military or gov-



Archive Photo

ernment civilian personnel or a member of the selective reserves.

#### What to Do After a Flood

- Listen to news reports to make sure water supplies are not contaminated.
- Stay clear of flood waters, standing and moving, as they may be contaminated or deeper than expected.
- Beware of downed power lines.
- Avoid any roads where flood waters have receded as they may have weakened and could collapse under the weight of a car.
- Be extremely cautious when entering buildings and homes, as there may be unseen damage.
- Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.

#### Where to Find Additional Information Flooding:

- National Weather Service San Juan Office - <http://www.srh.noaa.gov/sju/>
- American Red Cross - [www.redcross.org/static/file\\_cont180\\_lang0\\_80.pdf](http://www.redcross.org/static/file_cont180_lang0_80.pdf)
- Centers for Disease Control and Prevention (CDC) - [www.bt.cdc.gov/disasters/floods/readiness.asp](http://www.bt.cdc.gov/disasters/floods/readiness.asp)
- Department of Homeland Security (Ready.gov) - [www.ready.gov/america/beinformed/floods.html](http://www.ready.gov/america/beinformed/floods.html)
- Federal Emergency Management Agency (FEMA) - [www.fema.gov/hazard/flood/index.shtm](http://www.fema.gov/hazard/flood/index.shtm)
- Información en Español (Agencia Estatal para el Manejo de Emergencias y Administración de Desastres - AEMEAD) <http://www.gobierno.pr/AEMEAD/Material+Educativo/>

### LANDSLIDE

Landslides occur when rock, dirt and other debris move or fall down a slope. A landslide may also be called a "debris flow" or a "mudslide," which flows through channels saturated with water. Landslides may be caused by storms, earthquakes, fires, volcanic eruptions, freezing and thawing cycles, erosion or manmade construction. They can be small, large, slow or rapid, as

well as extremely destructive.

#### How to Prepare for a Landslide:

- If you live anywhere near a steep slope, mountain edge, drainage way or natural erosion valley, be aware of the history of landslides in your area and the danger of future landslides.
- Have flexible drainage pipes installed to minimize the risk of leaks.
- Build retaining walls to divert flow. Make sure the flow is not diverted into someone else's property.
- Plant ground cover on slopes to diminish the momentum of flow.
- Get an emergency supply kit.
- Develop a family evacuation procedure and a communication plan.

#### What to Do If There Is a Landslide:

- Be on alert for a possible landslide if you live in an area prone to landslides and you are experiencing an extended period of heavy rain. Most landslides happen at night during heavy rainfall.
- If you suspect a landslide is imminent:
  - Stay tuned to the radio and TV or calls the local emergency departments to determine the risk and get further instructions.
  - vacuate (if it is safe to do so) to ensure that you are out of the path of the landslide.
- During a landslide, if you have not already evacuated, try to get as far away from the path of the landslide as possible.
- If you are unable to move out of the path of the landslide, curl into a tight ball and cover your head to provide the best protection for your body.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

#### What to Do After a Landslide:

- Stay away from the slide area, as there may be danger of additional slides.
- Stay tuned to radio or TV for further information and instructions.
- Be aware of the possibility of flooding, broken utility lines and damaged roads.
- Check for injured or trapped people near the slide, but do not enter the slide to help. Direct rescue personnel to those trapped in

the slide area.

- When you are told it is safe to return to the slide area, check buildings for structural damage before entering.
- Replant damaged ground as soon as possible.

#### Where to Find Additional Information Landslides:

- American Red Cross—[www.redcross.org/static/file\\_cont211\\_lang0\\_96.pdf](http://www.redcross.org/static/file_cont211_lang0_96.pdf)
- Centers for Disease Control and Prevention—[www.bt.cdc.gov/disasters/landslides.asp](http://www.bt.cdc.gov/disasters/landslides.asp)
- Department of Homeland Security (Ready.gov)—[www.ready.gov/america/beinformed/landslides.html](http://www.ready.gov/america/beinformed/landslides.html)
- Federal Emergency Management Agency (FEMA) - [www.fema.gov/hazard/landslide/ls\\_after.shtm](http://www.fema.gov/hazard/landslide/ls_after.shtm)
- Información en Español (Agencia Estatal para el Manejo de Emergencias y Administración de Desastres - AEMEAD) <http://www.gobierno.pr/AEMEAD/Material+Educativo/>

### Fort Buchanan Emergencies Call

- Police Desk: 787-707-3337
- Fire Department/Ambulance: 787-707-5911
- Rodriguez Army Health Clinic: 787-707-2587
- Installation Operation Center: 787-707-3287, 3249 or 3395 (Mon thru Fri)
- On Post Emergency Services 787-707-4911

### Civilian Emergencies Call

- Emergencies 911
- State Emergency Management Agency: 787-724-0124
- State Fire Department: 787-343-2330 / 788-2330
- State Emergency Medical Services: 787-754-2550
- State Police Department: 787-343-2020 / 793-1234
- Also monitor News and Media Stations:
  - WKAQ TV Channel 2
  - WAPA TV Channel 4
  - WLII TV Channel 11
  - WKAQ Radio 580 AM
  - WUNO Radio 630 AM
  - WAPA Radio 680 AM
  - WOSO Radio 1030 AM

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

Information updated by Mr. Angel Vazquez, Operations Specialist, Installation Operations Center (IOC) US Army Garrison Fort Buchanan. Comments and suggestions are welcome at [iocbuchanan@us.army.mil](mailto:iocbuchanan@us.army.mil).



## Children of Alcoholics Week (Cont. from page 7)

- Treatment for alcohol/drug dependency is available and can be effective in getting a parent with addiction on the road to recovery.

- You are not alone. You deserve services.

After reading this article, if you identify with it, and believe someone you know or yourself may need help, then seek appropriate sources of support to understand and resolve them. You will find many self-help books on this subject. Additionally, there are community meetings, individual therapy, and group therapy.

If you have a question about this article or about any other topic related to substance abuse, please email me at myrna.llanos@us.army.mil or call (787) 707-3125.

(Some of the information in this article was obtained from the National Association of Children of Alcoholics, National Institute of Alcohol Abuse and Alcoholism (NIAAA) and the Psych Page Library.)

## Study reveals patriotic... (Cont. from page 7)

Leonard Wong is a research professor in the Strategic Studies Institute at the U.S. Army War College who focuses on the human and organizational dimensions of the military. He is a retired lieutenant colonel whose career includes serving as the director of the Office of Economic and Manpower Analysis, teaching leadership at West Point, and serving as an analyst for the Office of the Chief of Staff of the Army. He holds a bachelor's degree in science from U.S. Military Academy and a doctorate in business administration from Texas Tech University.

Stephen Gerras is a professor of Behavioral Sciences at the Department of Command, Leadership and Management at the U.S. Army War College. He is a retired colonel who served in the Army for more than 25 years. His assignments included commanding a light infantry company and a transportation battalion, teaching leadership at West Point, and serving as the chief of Operations and Agreements for the Office of Defense Cooperation in Ankara, Turkey. He holds a bachelor's degree from the U.S. Military Academy and a master's of science and doctorate in industrial and organizational psychology from Penn State University.

## Panel to explore... (Cont. from page 15)

As the group undertakes the year-long review and assessment, Gates said the department also will take measures to implement the current "Don't Ask, Don't Tell" policy more fairly.

"The Department of Defense understands that this is a very difficult, and in the minds of some, controversial policy question," Gates told lawmakers. "I am determined that we in the department carry out this process professionally, thoroughly, dispassionately, and in a manner that is responsive to the direction of the president and to the needs of the Congress as you debate and consider this matter."

The Rodriguez US Army Health Clinic hours of operations for the month of February is as follows:

Clinic Open 6:30 am- 3:30 pm - Mon, Tues, Thurs, Fri  
Clinic Open 6:30 - 11:30 am - Wed

Pharmacy Hours Open 7:00 am -11:30 am on Monday thru Friday and 1:00-3:00 pm on Monday, Tuesday and Friday.



## Countering impact of persistent conflict through holistic fitness

By Nancy Rasmussen, Fort Shafter, HI



Photo credit Courtesy graphic

FORT SHAFTER, Hawaii -- Commanders across the Army are acutely aware of the personal struggles and conflicts multiple combat deployments have caused Soldiers.

The nature of sustained combat has resulted in rising numbers of suicides, domestic violence and divorce among our Warriors, and the Army is taking aggressive steps to reduce the stress among the force.

Comprehensive Soldier Fitness (CSF) was an established Army directorate beginning Oct. 1, 2008. The mission of this program is to develop and institute a holistic fitness program for Soldiers, families, and Army civilians in order to enhance performance and build resilience.

The program focuses on optimizing five dimensions of strength: Physical, Emotional, Social, Spiritual and Family. This holistic approach to fitness will enhance the performance and build resilience of the Force in this era of persistent conflict and high operational tempo. Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

CSF hosts a Web site for Soldiers to learn about the program and access the Global Assessment Tool (called the "GAT") survey. This survey allows Soldiers to assess dimensions of emotional, spiritual, social, and family fitness. By taking 10-20 minutes to answer about 100 questions, Soldiers will receive a rapid estimate of individual fitness in these four dimensions.

U.S. Army, Pacific Commander Lt. Gen. Benjamin R. Mixon expressed his concern about getting the CSF information into the hands of Soldiers. He said, "Key is educating them on how to connect the link through AKO, take the survey and work through some of the modules. As we get more trainers through the course, battalions can start designing battalion programs."

"It is critical for Soldiers to know that the GAT will not be used as a selection tool for promotion, command, or schooling," Mixon said referring to the fear among some Soldiers that the survey results could be viewed by others.

Although the survey is designed to be a self-assessment, it will serve a larger purpose for determining what training is most effective in the five focus areas. Officials will strip the surveys of personal information and combine scores to reach aggregate scores.

Being Army Strong is more than just being physically fit. It is mental and emotional strength. It is the confidence to lead. It is the courage to stand up for your beliefs. It is the compassion to help others. It is the desire for lifelong learning. It is the intelligence to make the right decision. It is making a difference for yourself, your family, your community and our nation.

Mixon added, "USARPAC leadership wants this program to enhance the lives of balanced, healthy, self-confident Army Soldiers, families and civilians whose resilience and total fitness enables them to thrive in an era of high operational tempo and persistent conflict."

Visit <http://www.army.mil/csf/> to take the GAT survey and to learn more about what the Army has to offer in building confidence to lead, courage to stand up for one's beliefs and compassion to help others, while maximizing one's potential.

## Consumer Safety

By U.S. Consumer Product Safety Commission  
Office of Information and Public Affairs



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following products. Consumers should stop using recalled products immediately unless otherwise instructed.

Certain Acer Aspire-series Notebook Computers manufactured in China by Acer America Corporation of San Jose, Calif. are being recalled. The recalled notebook computer models are the Acer AS3410, AS3410T, AS3810T, AS3810TG, AS3810TZ and AS3810TZG. The computer's screen size is about 13.3 inches measured diagonally. Not all units are affected. Consumers should contact Acer to determine if their unit is included in the recall. The hazard is an internal microphone wire under the palm rest can short circuit and overheat. This poses a potential burn hazard to consumers. Consumers should stop using the recalled notebook computers immediately and contact Acer to determine if their notebook is affected and to receive a free repair.

Acer has received three reports of computers short circuiting, resulting in slight melting of the external casing. No incidents occurred in the United States. No injuries have been reported. The notebook is sold at ABS Computer Technologies, D&H Distributing, Fry's Electronics, Ingram Micro, Radio Shack, SED/American Express, Synnex Corporation, SYX Distribution, Tech Data Corporation and other retailers nationwide and Amazon.com from June 2009 through October 2009 for between \$650 and \$1,150.

For additional information, consumer should contact Acer toll-free at (866) 695-2237, or visit the firm's Web site at [www.acer.com](http://www.acer.com)







## PRimeros in the News

Stories and Photos by Sgt. 1st Class Alfonso Flores  
PAO, 1st Mission Support Command

### Family Readiness Program



The wives and spouses of Soldiers of Detachment 1, 166th Rear Operations Command attending the third phase of the program.

From 15 thru 17 January 2010, the Family Readiness Program once more organized three different phases of the Yellow Ribbon Integration Program at the Conrad Hotel in San Juan, for approximately 600 Soldiers and Family members who enjoyed the opportunity of receiving professional orientation and counseling geared towards strengthening family bonding and relations. Soldiers from the 1st Mission Support Command, 393rd CSS Bn., 268th Transportation Company, 369th Combat Support Hospital, 301st Military Police Company, 215th Military Police Det., and 398 Finance Det. took advantage of this great program while enjoying the amenities of the hotel. The 166th ROC Det-1 is actually deployed in Iraq.

### Veteran Benefits - "Programa Alivio Dorado"



(From L to R) Brig. Gen. Hector Sorrentini, Commander Puerto Rico State Guard, Hon Major of San Juan, Jorge Santini, SP4 Jose Jimenez, 597th Quartermaster Company and COL (P) Fernando Fernandez, Commander 1st Mission Support Command.

Great news for Army Reserve Soldiers in Puerto Rico. During the Yellow Ribbon Integration Program celebration at the Conrad Hotel, San Juan, the Honorable Major of San Juan, Jorge Santini (Colonel, PR State Guard) announced that one of the many benefits that people of Puerto Rico enjoy is being extended to our veteran Soldiers. We are talking about the "Programa Alivio Dorado" which is a card that when presented in participating pharmacies in PR, you can buy medicine with up to a 50% discount. If you are wondering which pharmacies are participants in this program, do not despair because there are over 500 all around the island to include pharmacies in K-mart, Costco, Walmart and Walgreens. If you are interested in receiving this card or need more information, contact Carla Colon or Pedro Rodriguez at the Veterans Affairs Office at 787-480-3657.



### Holiday Greetings

By Col (P) Fernando Fernandez  
Commander, 1st MSC

Lt. Col. Lucila Ibarra, a member of the 210th Regional Support Group and currently serving as a Contract Management Officer with the 13th Expeditionary Sustainment Command at Joint Base Balad, Iraq, is greeted by Lt. Gen. Jack C. Stultz, Chief Army Reserve and Commanding General U.S. Army Reserve Command, during his Christmas Day visit to Soldiers serving in Iraq.

Photo Provided



### Joint Reserve Center Groundbreaking



The 1st Mission Support Command (MSC) in conjunction with US Fort Buchanan Garrison and US Corps of Engineer conducted a Groundbreaking Ceremony for the new Joint Force-Headquarter's building to be constructed on Fort Buchanan. The ceremony took place on 27 Jan at the 1st MSC headquarter's area of operations were the Governor of Puerto Rico Luis Fortuño as well as other distinguish dignitaries were present for the occasion.



# More PRimeros in the News

## An Army Chaplain

By Chaplain (Maj.) Craig M. Pache  
Chaplain, 1st MSC

Since the days of General George Washington's Continental Army the US Army Chaplain Corps has played a critical role in providing religious support to our Soldiers on and off the field of battle.

Today, the chaplain is a highly visible and integral part of Soldiers' daily lives. Army Chaplains work right beside Soldiers – sharing a meal, running with troops at the break of day, or living in the field for training or combat.

The Army Chaplain serves to meet the spiritual needs of Soldiers and their Families. Chaplains help to build a religious foundation that contributes to an Army Family's spiritual growth.

An Army Chaplain is a preacher, teacher, counselor, and Soldier who works full-time either on Active Duty or part-time in the Army Reserve.



Chaplain (Maj.) Craig M. Pache  
Chaplain, 1st MSC

Army Chaplains go wherever the troops go – a priest who brings the Sacraments to his troops on field maneuvers, rabbi who jumps with his or her unit from an aircraft, or a pastor who shepherds his or her flock.

Right now, there is a need for qualified religious leaders to minister to Soldiers and Families as chaplains within the 1st Mission Support Command. Perhaps you or someone you know is a clergy person, or either in seminary or about to enter seminary, and might be interested in exploring a career serving God and Country as a Chaplain or Chaplain Candidate in the United States Army Reserve.

In the Old Testament, the Prophet Isaiah was in the midst of receiving a vision from God, in which he heard the Lord saying, "Whom shall I send? And who will go for us?" Isaiah responded by saying, "Here am I. Send me!" (Isaiah 6:8). By answering the call of service, you will be part of the Unit Ministry Team providing for the religious practices of Soldiers and their Family members.

Please call me, and let's explore God's calling together. You may contact me at:  
787-707-4956 or Bldg. 153.



## Deployment Orientation

Story/Photo by Sgt. 1st Class Alfonso Flores  
PAO, 1stMSC



It is said that a photo is worth a thousand words! This is apparent in the one above as a Soldier holds on to his son during the deployment orientation for Soldiers of the 512th Transportation Detachment. Soldiers like the one in the photo have already deployed to Iraq in support of Operation Iraqi Freedom 2010.

## Army Family Covenant

Story/Photo by Sgt. 1st Class Alfonso Flores  
PAO, 1stMSC



Col. (P) Fernando Fernandez, Commander 1st MSC signs the Army Family Covenant during the Joint Groundbreaking Ceremony held on Fort Buchanan. Once again the Army Reserve in Puerto Rico pledges its commitment to supporting families of Soldiers who are deployed anywhere in the world without reservations.

## Egypt Bright Star Exercise

Story/Photo by Staff Sgt. Victor Polanco, 1st MSC



The 597TH Quartermaster Company (FS)(DS) attended a multinational exercise at El Cairo, Egypt as part of Bright Star FY10. The unit was part of the mayor cell, running operations and logistics missions based at Cairo West Air Force Base. A total of 65 Soldiers divided in two rotations took pride in their mission and performed superbly at all levels of the missions assigned. The 597th was in charge of the food distribution and Base Operations for the Multinational Forces established at CWF in collaboration with the 135th ROC from Saint Louis, MO.

## 512th Trans. Det Deploys

Story/Photo by Sgt. 1st Class A. Flores



Staff members of the 1st MSC gathered at Luis Muñoz Marín International Airport to join deploying Soldiers in a prayer and to wish them all good luck.

On March 2009 the 512th Transportation Detachment (MCT) was identified as a deployable unit for Operation Iraqi Freedom (OIF) 2010. Lt. Col. Edwin Correa, Commander of the 346th Transportation Battalion, appointed CPT Jesus M. Rosario was appointed by Lt. Col. Edwin Correa as unit commander, responsible for to mobilization and deployment of the unit to theater.

The 512th Trans. Det. (MCT) was activated on 20 February 2009 and assigned to the 1st Mission Support Command (MSC) by Department of The Army Permanent Order F-158-004. The activation ceremony was held at the Leonard Francis Readiness Center in St. Thomas, Virgin Islands. This is the First Army Reserve unit located in the Virgin Islands that falls under the 346th Transportation Battalion station in Ceiba, Puerto Rico. Brig. Gen. David S. Elmo commanding the 1st MSC at that time, presented the unit's guidon to the first Acting Commander of the detachment Chief Warrant Officer Two Milton Pena signifying his assumption of command.

Now, this young detachment is activated to fulfill their wartime mission. On January 31, 2010 at Roosevelt Roads, Ceiba, staff, families and friends gathered in a farewell ceremony to say good bye to the Soldiers who on February 1 deployed for a year in support of OIF. God Speed.





U.S. ARMY RESERVE  
1st MSC  
FORT BUCHANAN, PUERTO RICO

# PRIMEROS



During the week of 25 thru 29 of January 2010, a mobile training team from the 84th Training Command (LR), Fort McCoy, WI, instructed the Command Team Leader Development Course (CTLDC) for Soldiers of the 1st Mission Support Command. The purpose of this course is to inspire the company level leadership to lead as a command team, improve training and retention, and put the commander's vision into action. The US Army Reserve Command training guidance identifies CTLDC as a training priority for leader development. It is a four-day course that brings leadership teams together to explore effective leadership techniques to overcome challenges in their unit. This course is for leadership teams consisting of the commander, first sergeant, unit administrator and up to two additional team members as determined by the command. The students leave the course with products they produce as a team that include a commander's vision, techniques to instill Army values in the unit, strategies to execute the command priorities, and how to overcome resistance to change. Teams explore different leadership styles and how these styles interact with followers.

Photo by Sgt.. 1st Class Alfonso Flores

## First Mission Support Command Sponsors Baseball Clinic



The U.S. Army Accessions Command, as part of their grassroots plan to promote the Army Reserve in Puerto Rico, hosted a baseball clinic in the towns of Ponce, Yabucoa and Humacao for children and youth of all ages. Not only did the children have the opportunity of seeing some of their favorite major league baseball heroes, but also enjoyed the presence of professional Soldiers who are involved in community activities promoting and developing good citizens. Children paid close attention to the welcome remarks of Colonel (Promotable) Fernando Fernandez, Commander 1st Mission Support Command (MSC), as he encouraged all to maintain themselves active in sports, school and to follow their parents advise. Later, the kids had the opportunity of getting instructed and coached on proper batting techniques, fielding, throwing and pitching. Meanwhile all of this is happening, Army Reserve Soldiers from the 1st MSC walked around the field giving away baseballs and other promotional items that displayed the Army's logo. Parents, ball players and Soldiers alike enjoyed the outcome of this great event where the eager to learn attitude and laughter of the children created a great atmosphere of fun. The event counted with



the presence of Major Leaguer Javier Vazquez from the New York Yankees and Alex Cintron from the Washington Nationals. Also with great advice for the participants, two former major leaguers shared their wisdom, Bill Curtis, formerly of the Anaheim Angels and Mickey Weston, who played in the past for the Baltimore Orioles, the New York Mets and the Philadelphia Phillies who not only gave good pitching tips, but also led the event with a prayer. Additionally, John Linn Pachot, catcher from the Ponce Lions, (A team in the Puerto Rican professional league) and Andy Gonzales who also plays for the Ponce Lions and for the Florida Marlins Minor League Organization, imparted their knowledge to the happy young ones. Command Sergeant Major Victor Rivera from Accessions Command was responsible for the organization and sponsoring of this event. This baseball clinic was in tune with the Army Reserve's 1st MSC involvement in many other community activities that supports youth development and will help, with no doubt, on their road to becoming better citizens.

Story and photos By SFC Alfonso Flores



